



FARMERS BRANCH

Senior Center Programs

August 2015



Arts & Crafts

Greeting Card Class

Tuesday, August 11, 1 p.m. Fee: \$8
Instructors: Jan McCord & Carmel Mosley
Learn to make four different greeting cards in this fun class. Check out the display cabinet for each month's projects and register early.

Watercolor Painting

Friday, August 14, 1 p.m. Fee: \$10
Instructor: Donna Williams
You can paint! Even if you've never done it before, you can follow along in this hands on, step-by-step class. All supplies are furnished; all you need are your brushes.

Slash Your Stash!

Friday, August 21, 12 noon, Fee: \$5
Instructor: Bettie Smith
Use up some of your fabric STASH and make something useful each month in this one-hour class. Register at the front desk today.

Computer

Intro to Using Instagram

August 11 & August 13, 1 p.m.
Instructor: Jennifer Stone, Fee: \$5
Learn to use Instagram and transform pictures and video with filters for sharing instantly with friends and family.

Intro to LinkedIn

August 18, 1 p.m.
Instructor: Jennifer Stone, Fee: \$5
Learn how to connect in the world's largest professional network. When you join LinkedIn, you get access to people, jobs, news, updates, and insights that help you be great at what you do in this one-day class.

Intro to Craigslist

August 24 & August 26, 6 p.m.
Instructor: Jennifer Stone, Fee: \$10
This class will focus on the general use of the website and a discussion on using Craigslist safely will be included. Craigslist is a website of classified advertisements with sections devoted to jobs, housing, personals, for sale, items wanted, services, community, gigs, resumes, and discussion forums.

Health & Exercise

B 12 Shots

Thursday, August 6, 9 - 9:30 a.m. Fee: \$20
Flu Shots of America

Blood Pressure & Glucose Checks

Monday, August 10, 8:30-11 a.m.
Dallas County Health Department

Exercise Sampler

Thursdays at 9 a.m. No Charge
August 6 Classical Stretch
August 13 Chair Yoga
August 20 Bollywood Balance
August 27 NIA

Waist Management Group

August 7, 10 a.m.
If you're looking to get healthier and need weight-loss motivation, this group is for you!

GAME NIGHT: BOBBY SOCKS & BBQ

Saturday, September 19

Men, slick back your hair; ladies, put on your poodle skirts. We're going back to the 50's at our annual Casino Night. Ticket fee: \$10
Get your tickets early!

Resident Ticket Sales

August 17, 9 a.m. through August 22.

Open Ticket Sales

Monday, August 24 9 a.m. until sold out.



Monthly Breakfast

Monday, August 3, 8:15 a.m. Fee: \$2
Menu: sausage, gravy, biscuits, eggs, juice & coffee
Entertainment: Linda Freeland, Country Western Oldies
Host: Senior Advisory Board

Birthday Lunch

Wednesday, August 19, 12 noon
Fee: \$2 Free if it's your birthday month.
Let's celebrate together with a great meal and birthday cake. Birthday gifts provided by United Financial Services and birthday cake donated by Brookdale at Farmers Branch.

Special Interest

Alzheimer's Support Group

Tuesday, August 4, 6:30 p.m.
This group meets the 1st Tuesday of each month at 6:30 p.m. and is open to anyone with Alzheimer's disease or anyone who cares for someone with the disease.

High Technology Clinic

Wednesdays, August 5 & 12, 1 - 3 p.m.
The teens will be here to help you with all your high technology gadgets such as cell phones, computers, iPads, and Kindles. Bring your devices and questions and let a teen show you the ropes. No appointment needed.

Instructional Texas Hold 'em Tournament

Thursdays, 9 a.m.
Instructor: Matt Rice
Learn to play Texas Hold 'em in a casual learning setting where you can practice and build your confidence for real tournament play.

Neglected History, an Exercise in Critical Thinking

Fridays, 9:30 a.m.
Join our class that explores alternative views of past events. Prevailing history is written and approved by the dominant economic-cultural forces but there is more than one version of historical events that are usually not taught in schools. Critical thinking about the past and what history means for our lives today and in the future is the goal of this group.

Rock and Mineral Club

Thursday, August 6, 10 a.m.
Bring your favorite rocks and show and tell with other "Rock Heads."

80 Upper Club

Saturday, August 8, 11 a.m. - 3 p.m.
Are you 80+? Come meet at the Center and we'll travel to the DART station together. From there, we'll ride the train to downtown Dallas where we'll eat and shop at the Serji Coffee and Book Shop. Call for details: 972-919-8745.

Cookin' Club: Backwood Cuisine

Wednesday, August 12, 10 a.m.
Come up with a creative way to name and display a dish that might be made with backwoods ingredients.

Random Acts of Kindness: School Supply Drive

Thursday, August 13, 10 a.m.
Collecting donations of Kleenex, spiral notebooks, colored pencils, large colored construction paper, zipper pouches, folders w/ brads, triangular shaped crayons.

Lunch and Learn: Aging in Place; How to Prepare to Stay in Your Home as You Get Older

Presented by Golden Heart Senior Care
Friday, August 14, 11 a.m.
This seminar will discuss your options on how to prepare your home and family for the decision to stay in your home while making it safe. Learn tips for making your home environment safer for the older adult.

Enhanced Reading Classes for Adults 50+

Saturdays, August 15, 22, 29, 1:30 - 4:30 p.m.
Pre-register by Monday, August 3.
Instructor: Al Owens, Master Trainer, Fee: \$25
Become an advanced reader and you will increase reading effectiveness and enjoyment. In addition to gaining speed, students will improve comprehension, memory and retention.

Garden Group

Wednesday, August 19, 10 a.m.
Join us for a garden related talk by a Master Gardener.

Texas Hold 'em Tournament

Thursday, August 20, 1 p.m.
Sign up to play in this monthly tournament.

Genealogy Trip to the Dallas Library

Tuesday, August 25, 9:30 a.m. - 3 p.m.
Fee: \$1 transportation. Hop on our bus and travel to the Dallas Library with a group who enjoys researching their family roots.

Rose Gardeners

Wednesday, August 26, 10 a.m.
Do you love roses or want to learn more about them? Join others who have similar interests in this monthly group and get involved in the city's rose movement.

AARP Smart Driver Course

Thursday, August 27 8:30 a.m. - 12:30 p.m.
Fee: \$15 AARP Member, \$20 Non Members
Learn how to compensate for age-related changes and reduce your traffic violations, accidents, & chance for injury. You may be eligible for an insurance discount but this course does not qualify for a dismissal of a traffic violation. Sign up today.

TRIPS

Nebraska Furniture Mart

Thursday, August 6, 10 a.m. Fee: \$3
Residents registration: July 10, 12 noon
Non-resident registration: July 17, 12 noon

Brown Bag Lecture Series: Annals of Dallas Crime

Tuesday, August 11, 11 a.m. Fee: \$3 Bring lunch
Resident registration: July 17, 12 noon
Non-resident registration: July 24, 12 noon

Cruisin' Cuisine

Thursday, August 20, 11 a.m. Fee: \$3
Resident registration: July 17, 12 noon
Non-resident registration: July 24, 12 noon

Cruisin' Cuisine REWIND

Monday, August 24, 11 a.m. Fee: \$3
Resident registration: July 23, 12 noon
Non-resident registration: August 7, 12 noon



"Livin' The 50 Plus Lifestyle in the Branch"

14055 Dennis Lane, Farmers Branch TX 75234 | www.fbseniorcenter.com | 972.919.8740

August 2015					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation
3 8:15 am Breakfast 8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Acrylic Painting 7:00 pm Dance - J.C. Tippet Country/Ballroom	4 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Strong & Balanced 10:00 am Intermediate Bridge 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Line Dancing 1:00 pm Canasta/Hand & Foot 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round & Square Dance Alzheimers Support Group	5 8:15 am Stretch & Strength 9:00 am Dulcimer Group 9:30 am Begin Table Tennis 10:00 am Five Crown 10:00 am Intermediate Line Dance 12:30 pm Party Bridge 1-3 pm High Tech Clinic 1:00 pm BINGO/Mah Jongg 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class	6 8:15 am Cycling 9-9:30 am B 12 Shots 9:00 am Exercise Sampler 9:00 am Billiards 9:30 am Hold 'em Instruction 9:30 am Basic Bridge Bidding 10:00 am Chair Volleyball Team 10:00 am Nebraska Furniture Rock Club 1:00 pm Instructional Quilting 1:00 pm Needlecraft Group 3:00 pm Strong & Balanced	7 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Waist Management 10:00 am Quilting Group 12:30 pm Mah Jongg 1:00 pm Hand & Foot 1:00 pm Canasta 2:30 pm Table Tennis	8 11:00 am 80 Upper Club 1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation
10 8:15 am Stretch & Strength 8:30 -11am BP & Glucose Checks 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Acrylic Painting 7:00 pm Dance-Blue Champagne Ballroom	11 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Strong & Balanced 10:00 am Intermediate Bridge 11:00 am Brown Bag Lunch Trip 11:00 am Fitness Orientation 12:30 pm Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Line Dancing 1:00 pm Intro to Instagram Greeting Card Class 1:00 pm Canasta/Hand & Foot 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round & Square Dance	12 8:15 am Stretch & Strength 9:00 am Dulcimer Group 9:30 am Begin Table Tennis 10:00 am Five Crown 10:00 am Intermediate Line Dance 10:30 am Cookin' Club 12:30 pm Party Bridge 1-3 pm High Tech Clinic 1:00 pm Duplicate Bridge 1:00 pm BINGO/Mah Jongg 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class	13 8:15 am Cycling 9:00 am Exercise Sampler 9:00 am Billiards 9:30 am Hold 'em Instruction 9:30 am Basic Bridge Bidding 10:00 am Random Acts 11:00 am Chair Volleyball Team 1:00 pm Instructional Quilting 1:00 pm Intro to Instagram 1:00 pm Needlecraft Group 3:00 pm Strong & Balanced	14 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 11:00 am Lunch & Learn Aging in Place 12:30 pm Mah Jongg 1:00 pm Watercolor Painting 1:00 pm Hand & Foot 1:00 pm Canasta 2:30 pm Table Tennis	15 1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 1:30 pm Enhanced Reading
17 Resident Game Night Ticket Sales Start Today at 9 a.m. RESIDENTS ONLY thru August 22 8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 2:00 pm Acrylic Painting 7:00 pm Dance-Swingin' Country Country	18 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Strong & Balanced 10:00 am Intermediate Bridge 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Line Dancing 1:00 pm LinkedIn Class 1:00 pm Canasta/Hand & Foot 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round & Square Dance	19 8:15 am Stretch & Strength 9:00 am Dulcimer Group 9:30 am Begin Table Tennis 10:00 am Garden Group 10:00 am Five Crown 10:00 am Intermediate Line Dance 12:00 pm Birthday Lunch 12:30 pm Party Bridge 1:00 pm BINGO/Mah Jongg 2:30 pm Table Tennis 6:00 pm Exercise Class	20 8:15 am Cycling 9:00 am Exercise Sampler 9:00 am Billiards 9:30 am Hold 'em Instruction 9:30 am Basic Bridge Bidding 11:00 am Cruisin' Cuisine 11:00 am Chair Volleyball Team 1:00 pm Texas Hold 'em 1:00 pm Instructional Quilting 1:00 pm Needlecraft Group 3:00 pm Strong & Balanced	21 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 12:00 pm Slash Your Stash 12:30 pm Mah Jongg 1:00 pm Hand & Foot 1:00 pm Canasta 2:30 pm Table Tennis	22 1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 1:30 pm Enhanced Reading
24 Non resident Game Night Ticket Sales Starts Today at 9 a.m. 8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 11:00 am Cruisin' REWIND 12:30 pm Mah Jongg 2:00 pm Acrylic Painting 6:00 pm Intro to Craig's List 7:00 pm Dance-Dave Alexander	25 8:15 am Power Walking 9:00 am Yoga/Cribbage 9:30 am Genealogy Trip 10:00 am Strong & Balanced 10:00 am Intermediate Bridge 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Line Dancing 1:00 pm Canasta/Hand & Foot 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round & Square Dance	26 8:15 am Stretch & Strength 9:00 am Dulcimer Group 9:30 am Begin Table Tennis 10:00 am Five Crown 10:00 am Rose Group 10:00 am Intermediate Line Dance 12:30 pm Party Bridge 1:00 pm Duplicate Bridge 1:00 pm BINGO/Mah Jongg 2:30 pm Table Tennis 6:00 pm Intro to Craig's List 6:00 pm Not Your Mama's Exercise Class	27 8:15 am Cycling 8:30 am Smart Drivers Course 9:00 am Exercise Sampler 9:00 am Billiards 9:30 am Hold 'em Instruction 9:30 am Basic Bridge Bidding 11:00 am Chair Volleyball Team 1:00 pm Instructional Quilting 1:00 pm Needlecraft Group 3:00 pm Strong & Balanced	28 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History The Old West 9:30 am Clogging 10:00 am Quilting Group 12:30 pm Mah Jongg 1:00 pm Hand & Foot 1:00 pm Canasta 2:30 pm Table Tennis	29 1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 1:30 pm Enhanced Reading
31 7:00 pm Dance - J.C. Tippet					

SENIOR CENTER HOURS

Monday - Wednesday 8 a.m. - 9 p.m.
Thursday & Friday 8 a.m.- 5 p.m.
1st, 3rd & 5th Saturdays 1 p.m.- 5 p.m.
2nd & 4th Saturdays 1 p.m.- 9:30 p.m.



MONDAY NIGHT DANCE

7 - 9:20 p.m. Fee: \$5
August 3 J.C. Tippet Country/Ballroom
August 10 Blue Champagne Ballroom
August 17 Swingin' Country Country
August 24 Dave Alexander Country/Ballroom
August 31 J.C. Tippet Country/Ballroom